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1Twenty80

YOUR COMMUNITY HEALTH PLATFORM

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WORLD CANCER DAY

ISSUE 74
FEBRUARY 2023
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- WORLD CANCER DAY -

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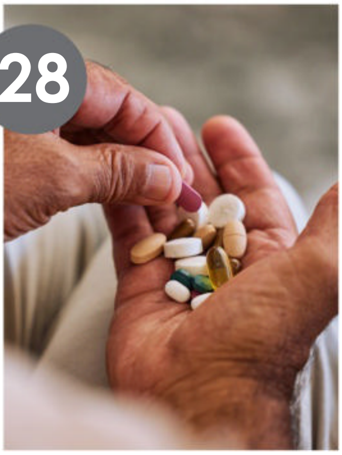

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EDITOR'S NOTE

The discussion on cancer continues…

With World Cancer Day commemorated this month, the topic of ‘cancer’ is inevitable. Despite much awareness and just about everyone knows someone who has been diagnosed with cancer, cancer remains a popular and at the same time, much-feared topic of discussion. To some, it may even be ‘the disease that must not be named’. Indeed, cancer is still a taboo among many communities.

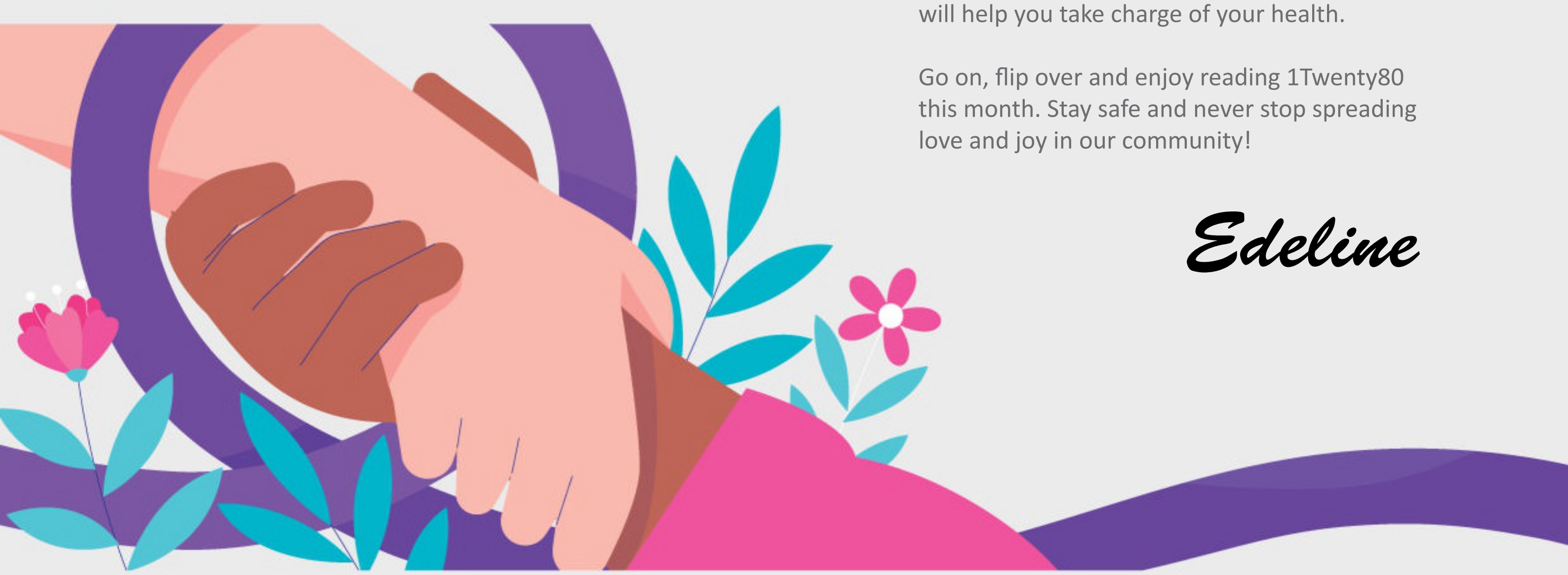
Nonetheless, with the fear and negativity surrounding cancer, there is also some light at the end of the tunnel. With the efforts put in over the years, cancer treatment, diagnosis and awareness have also progressed tremendously. So, as much as there is no specific cure to cancer, there is however knowledge and modern medical technology that can and has helped cancer patients improve their quality of lives.

With that being said, this month, our aim is to give you a better understanding of cancer. We highlight the much talked about ‘carcinogens’ and we also spoke to a very important individual in cancer awareness who was recently in Malaysia, Darrel Fox, the brother of the famous Terry Fox. We understand, cancer is a topic that may leave many feeling uncomfortable but we assure you, our feature topics will give you a glimmer of hope instead. Plus, we also spoke to a pharmacist about cancer and supplements. It’s a feature you don’t want to miss either!

As you know, that’s not all that we have in our pages this month. As always, we’ve packed the magazine with lots of useful information that will help you take charge of your health.

Go on, flip over and enjoy reading 1Twenty80 this month. Stay safe and never stop spreading love and joy in our community!

Edeline



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HOW TO hustle healthier

New year, new work routine, new you

By Isabel Andrew

'Work' and 'study' have received new definitions ever since the pandemic hit. They're no longer restricted to a particular place, time and mode. Along with making changes to your work routine, have you added any healthy options?

Take a look at these tips to hustle healthier:

- **Sanitisers are your best friend.** Always replenish a travel-size bottle of hand sanitiser that contains at least 60 percent alcohol.

- **Take hot baths regularly.** Soak in some steam to get rid of any germs you might have picked up from a new place or public transportation.

- **Boost your immunity.** Adopt a supply of vitamins to enhance your immune system. Here are a few:
    - **Melatonin:** Helps manage cortisol levels and realigns the body's biological clock.
    - **Probiotics:** Reduces the risk of traveller's diarrhoea, constipation and bloating.
    - **Turmeric:** Helps with inflammatory conditions, arthritis and anxiety.
    - **Magnesium:** Relaxes muscles and regulates the nervous system.
    - **Vitamin B:** Fights fatigue and boosts energy.

- **Infuse your water.** A clever way to feed your tummy with fruits, herbs, and vegetables is to infuse them in your H20. Not only will it keep you feeling full, but also give some colour and flavour to a basic drink.

- **Step aside and stretch.** Give up your seat on public transport, shift your eyes from your screen to greener pastures or sweat it out at the gym. If you're working from home, consider ergonomic chairs and seat cushions, adjustable laptop stands and other wellness options the Internet offers.

- **Eat with a plan.** Try out some snack ideas from TikTok and Instagram such as no-flour pancakes, overnight oats and green juices. As for the heavier meals, order from healthy food delivery services nearby if you want a break from the kitchen.

Whether you're working from home or making the airport your home, work life can take up long hours of your day if not managed wisely. Take some time for your mind, body and wellness and reap the rewards of a satisfying paycheck. Cheers to healthy work and a happier you!

Sources: Healthline, Medical News Today, WebMD. National Pharmaceutical Regulatory Agency Malaysia

Giving Cancer A Run For Its Money

A chat with Darrell Fox on Terry Fox's legacy

By Yasanthi Devi

TERRY
FOX RUN
I'M NOT A QUITTER.

Just a couple of months back, Darrell Fox led the start of the Terry Fox Run in Kepong Metropolitan Park, Kuala Lumpur. To get to the finish line, participants had a variety of options, including running, jogging, walking, skating, and even dancing. In exchange for contributions greater than RM 35, a t-shirt with the words 'I'm not a quitter' with Terry Fox's face printed on it was offered.

For 2022's Terry Fox Run, over 3000 people registered for the marathon in an effort to raise money for cancer research as well as with hopes to spread awareness about the disease. This marathon was a joint collaboration between Cancer Research Malaysia and the High Commission of Canada. Joining Darrell Fox as a guest of honour was Ryan Baerg, Senior Trade Commissioner of the High Commission of Canada.

The Terry Fox marathon was a regular annual effort by Cancer Research Malaysia (before the pandemic) to raise money for Malaysia's cancer research initiatives and help raise awareness of cancer. Prior to the pandemic, over 7,000 people participated in the Terry Fox Run in Malaysia, which helped to raise more than RM 2,000,000 for cancer research in Malaysia.

In 2022, the Terry Fox run successfully garnered funds of over RM130,000. Darrell Fox who was also the face of the event is the brother of Terry Fox and he has had a long history of involvement with the legacy founded by his brother.

1Twenty80 had the opportunity to sit down with Darrell Fox to discuss Terry Fox's legacy, impact, and history.

TERRY FOX RUN
FOR CANCER RESEARCH
KEPONG METROPOLITAN PARK
10 DECEMBER 2022
I'M NOT A QUITTER
TERRY RAN FOR ME.
I'M DEDICATING MY RUN TO
Cancer Research Malaysia

1Twenty80:

What are the impacts Terry had on you?

Darrell Fox:

People always ask me what it's like to be Terry Fox's brother. I've always and have only been Terry Fox's brother. Terry was 4 years older than me and I idolised him. He had some pretty interesting qualities.

Every morning I wake up and I pinch myself because I get to be a part of his run. A very small part. It's a collective effort with people who care about this around the world and it's all about coming together. I like being a part of it. It's like having an extended family.

> EVERY MORNING I WAKE UP AND I PINCH MYSELF BECAUSE I GET TO BE A PART OF HIS RUN. A VERY SMALL PART. IT'S A COLLECTIVE EFFORT WITH PEOPLE WHO CARE ABOUT THIS AROUND THE WORLD AND IT'S ALL ABOUT COMING TOGETHER. I LIKE BEING A PART OF IT. IT'S LIKE HAVING AN EXTENDED FAMILY.

1Twenty80:

What are the changes in cancer research you have noticed over time?

Darrell:

What has been difficult for me sometimes is getting close to cancer patients because I'm worried about the potential outcome. There's someone whom I know very personally, who's a little bit younger than Terry when he was diagnosed. This person was 15 years old when he was first diagnosed with osteogenic sarcoma. The same bone cancer that Terry had.

He had surgery to remove a part of his tibia to keep his leg. The key difference here is from not having an amputation to having surgery to remove a part of his tibia. He's living proof that the investment is working. He's still with us and I think I'll have a friendship with him forever.

It's quite a unique relationship. It's one story that I can have close to me to prove that cancer research is making a difference.

I'M NOT A QUIT
"NOBODY IS EVER GOING TO CALL ME A QUITTER." – TERRY FOX
TERRY FOX
RUN
1980
42
2022

> WHAT HAS BEEN DIFFICULT FOR ME SOMETIMES IS GETTING CLOSE TO CANCER PATIENTS BECAUSE I'M WORRIED ABOUT THE POTENTIAL OUTCOME.

1Twenty80:

Is it challenging for you to discuss your brother's legacy and life story years after his passing?

Darrell:

It's hard dealing with a loss. I can't do this twenty-four seven. I can't be out there publicly all the time talking about my brother because it can get tiring and exhausting. However, the rewards are immeasurable. Even though I run a lot, this is extremely more challenging and draining than running because I'm constantly talking about someone who's no longer here and it hurts.

Then again, I value stories such as the individual I mentioned earlier who managed to survive osteogenic sarcoma. Knowing that he's alive because of what we've done for the past 42 years makes it all worthwhile.

TERRY FOX RUN
18 DECEMBER 2022 | KEPONG METROPOLITAN PARK

1Twenty80:

What are some of the future plans for the Terry Fox Foundation?

Darrell:

We want to raise more money for cancer research and we're also looking forward to the research programme that we recently launched with the (Canadian) Federal Government. It's really unique because Canada is based on universal health care and this offers us the opportunity to bring funded research where we bring research teams together.

Now, with the Marathon of Hope Cancer Centres Network, we're bringing cancer organisations, universities, hospitals and institutes together. No one thought it would be possible because these entities are usually competing against each other. However, if there's one thing that can bring us together, it's Terry Fox, the brand. That's what's happening. Organisations are coming together, they're sharing resources and data to improve outcomes for cancer patients.

It's going to be fascinating to see what comes out of this because ultimately it'll be better outcomes. It means we'll be treating the right patient with the right treatment at the right time. As opposed to giving everybody the same treatment, not knowing whether it's going to work or not. Circumstances will now be able to be determined based on the data we're collecting, whether a particular treatment will work for an affected individual and that's very exciting.

1Twenty80:

How has the Terry Fox Foundation and Marathon evolved over time?

Darrell:

The Foundation is more prominent now than it was in the 80s and one of the reasons may have been because, in Canada, it's a huge activity and huge event.

Back then, Terry also ran across the country for another organisation and they were a wonderful organisation but they had other fundraising activities. The Terry Fox Run was just one of many events they were organising.

So, it may not have gotten the attention it perhaps deserves or could've warranted.

Therefore, my mum, Betty Fox, and Isadore Sharp (the President of Four Seasons Hotel) decided to create the Terry Fox Foundation in 1988. That first year, we doubled the revenue. This shows that we were on the right path. That started the evolution and growth of the foundation.

We grew a lot throughout the 90s and early 2000s. A lot of it had to do with the school programmes. Initially, we might've had about 2000 schools participating. It then grew to have the participation of 8,000 schools. So, that's where the growth really came from.

To go back to the 1980s, we were raising approximately CAD 3,000,000. Now, we raise close to CAD 30,000,000 a year. This is made possible because we're a little bit more sophisticated and knowledgeable because of our experience and how we share Terry's story as well.

1Twenty80:

What are your aspirations for the Terry Fox Foundation and Marathon?

Darrell:

I want to see the run flourish. When we see the run flourish, so does the money for cancer research. We want to raise more money for cancer research.

We want to share Terry's story because it's a powerful story. I'm biased but I think it's a very powerful story that can be translated into every language in the world. Terry was an average Canadian as goes for any other average Malaysian.

We're all, in most cases, pretty normal individuals, but look at what Terry was able to accomplish through hardwork and determination. We think that Terry's story is a story all nations could benefit from.

To sum it up, firstly, sharing the story and secondly, raising more money for cancer research and that's what we hope to accomplish.

> WHEN WE SEE THE RUN FLOURISH, SO DOES THE MONEY FOR CANCER RESEARCH. WE WANT TO RAISE MORE MONEY FOR CANCER RESEARCH.

1Twenty80:

During the course of your involvement with the Terry Fox Foundation, are there any memorable events or significant turning points that stand out to you?

Darrell:

Do I have to pick one? (Darrell laughs) It's really difficult!

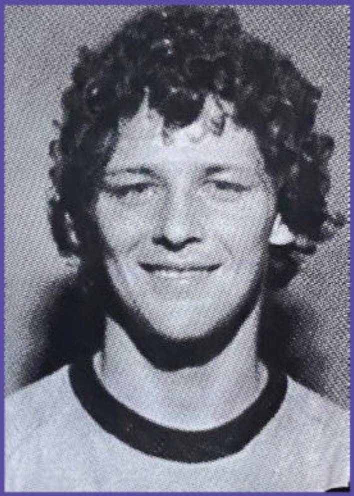
I think becoming independent and creating the Terry Fox Foundation probably would've been a very significant moment for us. I think the growth of the school programmes is important too. Now, we have a whole generation who wasn't even alive when Terry was running, children of today who are going to be learning his story and they're going to be the Terry Fox Run organisers in the future.

They're also going to be our donors in the future. So, I think introducing Terry in schools, which was the idea and belief of Sharpe, is one of the key moments for us.

Darrell also expressed great pleasure in collaborating with Cancer Research Malaysia for the 2022 Terry Fox Run. Cancer Research Malaysia is an independent and non-profit cancer research organisation based in Malaysia. Funded by donations and research grants, they research niche cancers often found in the Asian population.

To know more about Cancer Research Malaysia and its impactful initiatives (like this one) on cancer research, you can check out *www.cancerresearch.my*.

About Terry Fox



Terry Fox was an athlete and advocate for cancer research in Canada. He was diagnosed with osteogenic sarcoma just above the knee, which eventually led to the amputation of his leg in the late 70s, at the age of 18.

Terry started training and planning for his cross-Canada run to raise funds. In April 1980, Terry dips his artificial leg into the Atlantic Ocean and begins one of the most significant moments in history. He runs an average of 42 kilometres a day (26 miles) through six provinces. After approximately 143 days, Terry was ultimately compelled to call it quits due to the progression of his cancer.

Terry was determined to achieve a massive goal of his which was to raise 1 Canadian Dollar (CAD) from every Canadian to fight cancer. This goal was ultimately reached before Terry passed away on the 28th of June, 1981. ■

9 common ‘big C’ facts you should know about

Do you have a good idea of what ‘carcinogens’ are?

By Isabel Andrew

> SORRY TO BURST YOUR GASTRONOMICAL BUBBLE, BUT WHAT YOU WERE ABOUT TO PUT IN YOUR MOUTH, CAN CONTRIBUTE TO THE DEVELOPMENT OF CANCER.

Picture this…

Meat on skewers, sizzling over hot charcoal, perfectly grilled with signs of slight charring from the flame. Imagine placing your fingertips at the tip of the skewer and dipping it into aromatic peanut sauce for the perfect blend of spiciness and sweetness from the meat.

Did we make you drool? You guessed right if you thought of sticks of *satay*. Sorry to burst your gastronomical bubble, but what you were about to put in your mouth, can contribute to the development of cancer.

Now that we have caught your attention, let’s learn about some cancer-causing chemicals around us.

Needle in a haystack

Carcinogens are substances or radiation that promote carcinogenesis (the formation of cancer) and looking out for them is like searching for a needle in a haystack. There are over millions of possible carcinogens, and industrial developments aren't making things easier. The main issue is testing for carcinogenic elements in substances. The process of laboratory research, animal and human testing as well as testing of patients with cancer can be tedious and costly. A good example is smoking. It took over 50 years to conclude that the 8000-year-old tobacco is actually malignant.

In February 2022, Malaysia's Department of Occupational Safety and Health (DOSH) drafted a revised list of prohibited carcinogenic substances under the Occupational Safety And Health (Prohibition of Use of Substance) Order 1999. This Order will cover the prohibition of the use of carcinogenic substances, ban detrimental ones and stipulate their use by companies.

Types of carcinogens

The International Agency for Research on Cancer (IARC) has classified carcinogens based on their levels of exposure:

CARCINOGENS GROUPS	
Group 1	Carcinogenic to humans
Group 2A	Probably carcinogenic to humans
Group 2B	Possibly carcinogenic to humans
Group 3	Unclassifiable as to carcinogenicity in humans
Group 4	Probably not carcinogenic to humans

We have also managed to name several cancer-causing matters to slam the door on:

#1 Tobacco

The classic case of cancer is strongly tied to the once revered stress-buster, smoking. Backed by science, at least 70 chemicals in tobacco can lead to many types of cancer, putting it in carcinogens Group 1. Thus, putting second-hand smokers at risk too. With the uprising of e-cigarettes, especially among youngsters, we can expect an increase in cancer cases in the decades to come. Although not directly linked to cancer, vape is proven to contain 15 times the amount of formaldehyde found in traditional cigarettes. This chemical is very much associated with lung, oral and bladder cancer.

#2 Radon

This gas can be found in small amounts in nature, where it's harmless. However, if it's breathed indoors in a large amount, you could find the lining of your lungs ruptured. Radon can't be seen or smelled, making it the number one cause of lung cancer in nonsmokers. Despite that, special tests can expose radon levels in your homes and offices.

#3 Asbestos

Asbestos is used to strengthen roof shingles, ceiling tiles, and car parts. Yet if its strong but thin fibres are broken and breathed in, your lungs could be lodged. Therefore, look into protective gear to wear when dealing with asbestos or hire an expert for the job.

#4
Crispy, Brown Foods

Alas, we've come to the devastating part where we learn that our favourite food could cause cancer. Burning, charring, smoking and roasting are how our barbecue meat, kaya toast and *ayam goreng seringgit* (fried chicken worth RM1) are born. Unfortunately, such golden brown crispiness looks good on billboards and nowhere else because when cooked over high temps, a cancer-causing chemical called acrylamide is released.

#5 Formaldehyde

This chemical is used in many household products, mainly in plywood furniture, fabrics and cosmetic products like nail strengtheners. As a precaution, you could open up some windows for some air circulation to lower the humidity levels.

#6 Ultraviolet Rays

Skincare lovers are known to preach on SPF. What does it do? SPF or Sun Protection Factor measures how much sunscreen can protect our skin from ultraviolet rays. These rays are notorious for causing sunburn, skin damage and skin cancer. That's why SPF 30, 40, 50 or 100 are plastered on almost every bottle of sunscreen, moisturiser, lip balm and lotion. Stay safe by shading your skin with SPF 30 sunscreen, a hat and sunglasses.

#7 Alcohol

Beer, wine, and hard liquor are made with carcinogenic chemicals. Therefore, the more alcohol is consumed, the greater your odds of getting certain types of cancers such as:

- Head and neck
- Breast
- Colorectal
- Esophageal
- Liver

Classified as a Group 1 carcinogen, a glass of wine here and there is still acceptable as it's rich in antioxidants.

#8 Processed meat

Processed foods are often salted, fermented, smoked and generally modified with preservatives. As the fast food empire emerges stronger than ever, we must limit the consumption of processed meat. This is because they're strongly linked to colorectal cancer and are classified as a Group 1 carcinogen.

Sources: Medical News Today, WebMD, American Cancer Society, Very Well Health

#9

Engine exhaust

Another common carcinogen we're exposed to is exhaust gases. Almost every vehicle on the road releases harmful gases that we just can't avoid. So next time, try your best to avoid idling in traffic.

How do carcinogens work?

Carcinogens modify our Deoxyribonucleic Acid (DNA) strands which lead to mutations. These mutations vary from rapidly adding cells or omitting important ones from the original structure.

Most importantly, the amount and duration of the exposure, genetic makeup and many other factors play a part in determining your susceptibility to falling sick with cancer.

What's next?

Now that we have identified foods that can induce cancer, let's look at some healthier alternatives:

- Apples and citrus fruits
- Berries
- Tomatoes
- Dairy
- Garlic
- Nuts
- Whole grains
- Turmeric
- Fish
- White meat like chicken and turkey

Cancer is still a giant human foe. Research is also still ongoing for its cure. Until then, it's up to us to fight against carcinogens, eat well, move more and share healthy news with each other. Now that you know a little more about cancers, tell the person next to you! ■

Food for weight management and weight loss

Can making the right food choices help you to maintain a healthy weight?

By Dr. Anish Desai

There has been a rampant spike in obesity since the last decade. More than 1.9 billion people are affected by obesity. With the growing availability of processed foods, an unhealthy lifestyle, gaining unhealthy weight has become more than easy. Obesity is a complex condition that could be due to several reasons such as unhealthy habits, poor diet, sedentary lifestyle, stress, and certain drugs. Keeping track of your BMI (body mass index) helps you know if your obese, i.e., if your BMI is 30.0 or higher, it falls within the obesity range.

Weight management or weight loss revolves around lesser calorie consumption and higher calorie expenditure. The key to weight loss is consuming food with high nutrients and less calories. Setting a calorie range and planning a workout plan everyday can help bring a sense of discipline and regularity to lose weight.

The following weight loss food can help in better weight management and reduce obesity.

OATMEAL: The high content of fibre in oatmeal provides satiety for a longer period. It is rich in protein and less in sugar which makes it an ideal breakfast choice for weight management.

CHIA SEEDS: It is rich in fibre and a major source of protein. Chia seeds promotes satiety and thereby avoiding unnecessary overeating.

WALNUTS: Rich in antioxidants, vitamins, folate, omega-3 fatty acid, manganese, and copper. The fibre and protein in walnuts help to keep you fuller for longer and thus stops you from binge eating.

MIXED NUTS: Peanuts, cashews, pistachios are a major source of antioxidants, fibre and protein that helps reduce cravings and provides ample amount of satiety.

CHICKPEAS, BEANS, AND LENTILS: Similarly, to oatmeal, pulses have soluble fibre that may slow down digestion and absorption.

EGGS: A rich source of protein and vitamin D. They help increase body metabolism and provide a feeling of satiety, stopping the person from consuming unwanted calories.

QUINOA: It is abundant in insoluble fibre and other nutrients that help you keep full, increase body metabolism, and reduce food craving.

SOUPS: Soups are an extremely healthy way to start a meal. Home-cooked soup can include plenty of vegetables and lentils. These supply plenty of nutrients as well as health benefits. Soups supply a feeling of satiety and prevent you from overeating.

SPINACH: It is low in calories and rich in Vitamin K, Vitamin A, folate, iron, calcium, Vitamin C, fibre, calcium, protein, and zinc. One cup of these nutrient-dense leaves has only 10 calories. The fibre in spinach helps to keep the digestive tract on track and prevents constipation.

CRUCIFEROUS VEGETABLES: Cruciferous vegetables like broccoli, cabbage, brussels sprouts, and cauliflower have a combination of protein, fibre, and low energy density, making them an ideal food for weight loss. Broccoli juice reduces weight by supporting and boosting bodily functions like insulin sensitivity and good bacteria modulation.

COTTAGE CHEESE: Eating cottage cheese is a wonderful way to boost your protein intake, which is important for building and maintaining muscle. It is also very satiating and high in calcium.

CHILLI PEPPER: Capsaicin in chilli pepper is effective in increasing body metabolism. It also gives a feeling of satiety.

COCONUT WATER: It has potassium and high bioactive enzymes, which improve the metabolic rate in the body, thus helping the muscles to burn more calories.

GREEN TEA: The catechins and the caffeine in the green tea helps boost the body metabolism and thereby increasing the rate of fat burning. It is also rich in antioxidants and promotes general health.

CAFFEINE: Regulates body weight by increasing energy expenditure, which means you burn more calories via increased fat breakdown and body heat production. Some studies show that caffeine can cause modest weight loss in humans.

Nutraceuticals for weight management are as follows:

- **CURCUMIN:** Reduces the absorption of cholesterol.
- **PLANT STEROLS/STANOLS:** Increases the excretion of cholesterol.
- **BERBERINE, POLICOSANOLS, PSYLLIUM & SOLUBLE FIBRES:** Decreases the absorption of cholesterol.
- **BERBERINE, PROBIOTICS, SOLUBLE FIBRES & SOY:** Increases excretion of bile salts.
- **ARTICHOKE PLANT STEROLS/STANOLS:** Reduced the formation of cholesterol.
- **GREEN TEA PLANT STEROLS/STANOLS & PROBIOTICS:** Reduces the formation of cholesterol.

Other tips to follow along with a healthy diet

- Exercise is a key part of weight loss. Just keeping track of the diet is not enough to give the desired results. It is important that one consults an expert before starting any kind of workout depending on the weight of the individual.

- Planning your diet and setting mini goals is more effective than focusing on one large goal.

- Avoid getting overly hungry. Waiting to eat until starving can make it harder to be mindful of healthful choices.

- Another tip is to choose exercises that are enjoyable. People might need to experiment to determine their preferences. To implement an exercise routine or any other form of physical activity, one must enjoy doing it so that doing it regularly in their day-to-day life doesn't feel like a chore.

- Patience is essential when trying to lose weight. Weight loss is a slow process, so being consistent and determined is crucial to get you to your desired weight.

- Work on getting adequate sleep and managing stress levels in addition to choosing healthful foods and staying active, as sleep and stress affect health.

Foods to avoid when managing weight

- Instead of fried foods, people should eat food that is baked, broiled, or grilled. Fried food has zero nutrients and they add unwanted calories in your diet.

- Carbonated drinks are high in sugar and add unwanted calories with zero nutrients.

- Alcoholic beverages tend to trigger different unwanted health conditions along with slowing the body metabolism making you gain unhealthy weight.

When trying to lose weight or maintain a healthful weight, it is important to choose the right foods and to avoid those that are calorie-dense but low in fibre, protein, and other healthful nutrients. It is also important to be mindful of portion sizes, even for healthful foods. Planning a physical activity that one enjoys or choosing a workout plan that is suitable for one's body type is essential so that incorporating them in regular life does not feel like a chore. Weight loss is a long journey, being consistent is key. ■

12 Gifts Ideas To Jazz Up Your Valentine's Day

Love is in the air!

By Yasanthi Devi

There will be a tonne of celebrations during the first quarter of 2023! With Chinese New Year just being over, 2023 is just getting started. Now, we get to kick-off February with Valentine's Day!

This is a wonderful chance to create priceless memories and show your love for the people who matter. We might as well take advantage of the occasion and celebrate when there is a reason to do so, don't you think?

Gift giving is a common practice in many cultures and it also plays a significant role during the season of love. If you're reading this article right now, this is your sign to plan ahead for Valentine's Day (or any upcoming celebrations).

Fortunately, you don't have to think too hard! We've got you covered with some fantastic gift suggestions! Check them out below.

#1

BeauMedic Dermaceutical

What better way to show your love than by prioritising your loved one's wellness journey? Beauty services like facials and skin treatments are a good place for your loved ones to unwind and relax.

BeauMedic Dermaceutical offers an array of beauty services to help you and your loved ones renew and recharge. In fact, they pride themselves on their ability to impact your wellness journey by healing your body, mind, and soul. Located in strategic locations across Malaysia, BeauMedic Dermaceutical is a professional beauty, body, and wellness centre that offers a range of services, from womb wellness treatment to various facial treatments.

To beautify your loved one's Valentine's Day, you can check out the services offered by Beaumedic by visiting their social media handles: @beaumedicdermaceutical (Instagram) and @beauMedicbyKunzense (Facebook).

AZOMIS SKINCARE
Radiance Tone Up Cream
Niacinamide + Hydroviton Plus
AZOMIS SKINCARE
Renewing Oxygen Mask
Hyaluronic Acid + Collagen
AZOMIS SKINCARE
Reenergizing Cleansing Mousse
Green Tea + Aloe Vera Extract
AZOMIS SKINCARE
Rejuvenating Serum
Hexapeptide-8 + Hydroviton Plus

#2

Azomis Skincare

In the spirit of 'New Year, New Me!' a confidence boost makes a great gift during the festive season. A great way to help boost one's confidence would be a healthy skincare routine that helps with clear and clean skin.

Here's where Azomis Skincare becomes your loved one's best friend! Focusing on tackling different areas that ultimately benefit your facial skin, the Azomis Skincare range consists of tone-up cream, an oxygen mask, a cleansing mousse, and a serum. This concise range makes a great gift for your loved ones who are just starting their skincare journey.

To know more about Azomis Skincare, you can check them out on Instagram via @azomis_skincare.

#3

Healthy Nation

Finding gifts for someone who's mainly on a plant-based diet can be both tricky and challenging. Healthy Nation is here to help with your search!

Healthy Nation consists of three lines of plant-based protein milk known as Get.Well, Flex.Well and Vita.Well. Each of these lines has its own scope of health benefits to offer. One of the many benefits of these products is that Get.Well helps to ease the digestive system and reduce chronic inflammation. Whereas, Flex.Well can be used for the development of strong bones in children, adults, and the elderly. Vita.Well offers complete nutrition for improved energy and immunity.

Healthy Nation is Ancom Truelife's first-ever brand to hit the shelves of Watsons and independent pharmacies. To know more about Healthy Nation, you can check out their Instagram handle @healthynation.my.

Healthy Nation
GET~WELL
ORIGINAL FLAVOR
Healthy Nation
FLEX~WELL
ORIGINAL FLAVOR
Healthy Nation
VITA~WELL
VANILLA FLAVOR
SPECIAL NUTRITION FOOD

#4

Truelifesciences

Do you know someone who's planning to start the year by taking charge of their health? Health supplements may be a thoughtful gift that helps your loved one further their goal.

Meet Truelifesciences, an established Malaysian company known for its innovative "Nutraceuticals" range of products that help people lead healthier lives. Truelifesciences has a range of supplements with various therapeutic areas designed to fulfill your health needs.

From detox products and kidney health to daily essentials and more, Truelifesciences' products are geared to empower you and your loved ones' health. They even have a range of products aimed at boosting your immune system, which has been proven to be more vital now than ever.

To learn more about Truelifesciences and what they do, you can check out their official website, *www.true-lifesciences.com*, and on social media with the handle @truelifesciences.

TRUE FUNCTIONAL FOODS
FRUSINEA 3.0
Pastilles
22
super fruits & vegetables
Botanical Pastilles Mix Of 22 Fruits & Vegetables

#5

Symphony Nutraceuticals

Are you looking forward to spend the Valentine's day with your loved ones stress-free? Bentrio Nasal Spray is here to soothe your qualms.

Bentrio Nasal Spray is one of the many lines offered by Symphony Nutraceuticals. It functions as a protective barrier against airborne allergens and viruses. Being drug-free and preservative-free, Bentrio Nasal Spray traps allergens and alleviates symptoms caused by inhaled allergens and viruses.

Nasal spray
Sembruran Hidung
Bentrio
Protective Barrier Against Airborne Allergens and Viruses
Lapisan Penghalang Pelindung Melawan Alergen dan Virus Bawaan Udara
Triple protective effect
Kesan pelindung tiga kali ganda
Bentrio

Symphony Nutraceuticals is a trusted partner to physicians, providing evidence-based nutraceuticals as an effective complementary mode of treatment. Apart from Bentrio, Symphony Nutraceuticals also has products for enhancing the immune system, kidney health, wound healing and more.

If you're curious to learn more about Symphony Nutraceuticals and what they do, you can check out their Instagram: @symp.nutra, and website: *www.symphonynutraceuticals.com*.

#6 Aquarias

Thinking of putting together a self-care gift for someone special? Look no further, as Aquarias has just the perfect item for you!

Known as the Hydrating Overnight Mask, this mask will enable the wearer to wake up with soft, smooth skin that looks and feels amazing! True to its mantra, Aquarius and its range of products aim to be sustainable, affordable, and gentle on all skin types.

What does this entail for you, then? It means that you can have a positive impact on the environment without breaking the bank. To know more about Aquarias and its products, you can check them out on their official website: *www.aquarias.my* and Instagram: @aquarias.my.

AQUARIAS
Hydrating Overnight Mask
100mL

#7

Wumu Terrarium

Looking to make a grand gesture in your loved one's life? Why not think of terrariums?

Miniature greenhouses are another name for terrariums, which are primarily self-sustaining ecosystems. Terrariums have a mythical and ethereal aura, and they are the ideal present for anyone who enjoys gardening or taking mental breaks.

Wumu Terrarium (as the name suggests) specialises in the creation of terrariums of various shapes and sizes. From mini jars to big aquarium-like glass containers, they make terrariums possible! With Wumu Terrarium, you can choose to either purchase ready-made terrariums as gifts or sign up your loved ones for a terrarium-making workshop. How cool is that?

To learn about all things terrariums, you can check out Wumu Terrarium on Facebook and Instagram with the social media handle @wumuterrariumworkshop.

MINI
月如意
YUE RU YI
Princess
3D
160mm
260mm
290mm

#8

Yue Ru Yi

Finding a sanitary pad that is both comfortable and appropriate can be one of the unspoken difficulties that women face. Getting a sanitary pad that overcomes the above-mentioned challenges may just be a thoughtful gift for the ladies in your life.

Yue Ru Yi Princess Sanitary Pad may just hold the answers. Princess Sanitary Pad is made of pure cotton surface that is soft and gentle even on the most sensitive skin. It's highly breathable, with speedy absorption in just 3 seconds! Say goodbye to the clammy, wet sensation!

The pad also has a negative ion strip that helps to eliminate odour, reduces menstrual pain, and stays free from bacteria.

You can check out Yue Ru Yi Princess Sanitary Pad on their Facebook page: @yueruyi.

#9

Sun Aroma's Stevia Coffee

Looking for the perfect gift for a coffeeholic? Sun Aroma's Stevia Coffee is your answer!

You may be thinking: What's so special about this coffee?

Sun Aroma's Stevia Coffee is a 3-in-1 coffee that has Stevia instead of sugar. Many believe that Stevia is a comparatively better alternative to sugar, thus making this an ideal gift for the coffee lover who's looking for a healthier alternative.

Sun Aroma's Stevia Coffee is the brainchild of The Wild Papa, as they believe individuals with health issues deserve better coffee alternatives.

To know more about The Wild Papa and Sun Aroma's Stevia Coffee, you can check out @thewildpapa on Instagram and Facebook.

Sun Aroma
STEVIA
STEVIA WHITE COFFEE
甜叶菊白咖啡
NET WEIGHT:
12 sachets x 35gms (420gms)
3 IN 1

#10

Div's Cupcake

What makes the festive season a little sweeter? Sweet desserts, of course!

If you're looking to customise cakes or even cupcakes for your loved ones, Div's Cupcake has you covered. Div's Cupcake will satisfy a sweet tooth's cravings, whether it's chocolate, vanilla, or even red velvet.

Valentine's Day and cakes go hand-in-hand too! So why not shoot your shot and try getting your loved one a Valentine-themed cake?

To learn more about Div's Cupcake and see their cake creations, visit their Instagram and TikTok accounts: @divscupcake.

#11

Rising Sun Health Food

Thinking of stocking up your loved one's pantry with organic goods this festive season? Rising Sun Health Food is the one-stop centre for your organic needs.

Rising Sun Health Food prides itself on being able to source organic vegetables, beverages, and dried organic foods. They also have organic baby foods, natural skin care products, hygienic household products, cooking ingredients, essential oils, supplements, and more!

Natural skin care products and organic baby foods are hard to come by. So, being able to find them all in one place makes your life and your loved one's life easier!

If you're curious to know more about Rising Sun Health Food, you can check out their official website, *www.risingsunhealthfood.com,* or their Instagram and Facebook, @risingsunhealthfood.

POTION
PINK VELVET
CARE
PINK SOUFFLE
PYNE
GEL
EAR
REJUVE
CURE
PINK VELVET
WHITE VELVET
BLACK VELVET

#12

Velvet Alabaster

Don't miss out on something special for your furry best friend this Valentine's Day! Pets can be our Valentines as well, and they deserve to be spoiled from time to time.

Velvet Alabaster is home to a range of pet care products that include fine fragrances, luxury pet shampoos, and even scrubs for pets! How fancy is that?

On top of pet vanity products, Velvet Alabaster also has a few products in their pets' treatment range that focuses on healing such as recovery cream for pets, flea repellent spray for dogs, and antiseptic medicated treatment shampoo.

To know more about Velvet Alabaster, you can check out their official website, *www.velvetalabaster.com*, and social media handles (Instagram and Facebook): @velvetalabaster. ■

Qualities of Love

I – Inspiring

L – Loyal
O – Ohana
V – Vibrant
E – Effort

Y – Young-at-heart
O – Outstanding
U – Understanding

Nasal Spray for Extra Protection Against Airborne Viruses and Allergens

Nasal spray
Semburan Hidung
Bentrio™
Protective Barrier Against Airborne Allergens and Viruses
Lapisan Penghalang Pelindung Melawan Alergen dan Virus Bawaan Udara
Triple protective effect
Kesan pelindung tiga kali ganda

Helps with nose allergy
Reduce and prevent symptoms of nose allergy.

Protects for ≥ 4 hours
Gel-designed for extended nasal residence time.

Children friendly
Suitable for children from age of 6 years and above.
* (Children shall not use device without supervision)

Drug free
Non-steroidal.
Preservative free.
Registered as a medical device.

MDA Reg.no: GA9675022-83292
Registered Under Act 737
MDAMD 0331/2022

Wellesta truelife

THE LINK BETWEEN SUPPLEMENTS & CANCER

Insights from your friendly neighbourhood community pharmacist

By Yasanthi Devi

A number of people who are diagnosed with cancer will go through a period where they will consider taking vitamins and supplements for cancer. In these trying times, some of these individuals may even be in desperate need of a cure.

This entails researching a range of dietary supplements, herbs, and even extracts. Though it's understandable that these vulnerable people would want to find a cure, it is equally important for them to also understand supplements for cancer patients.

In hopes to provide some reliable clarity, we've gotten in touch with Jerhne Chew Mei Cheng, the Director and Pharmacist of Smiles Pharmacy Sdn Bhd to share her expert opinion. We hope this article is informative for our readers who wish to learn more about cancer too.

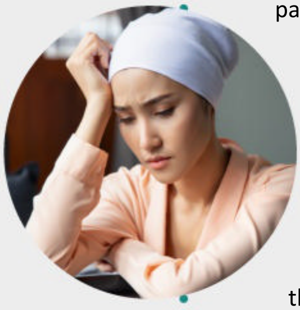
1Twenty80:

WHAT IS CANCER AND HOW IT AFFECTS OUR BODY SYSTEM?

Jerhne:

Everyone has proto-oncogene (a gene involved in normal cell growth and division). When this proto-oncogene goes through structural changes (mutations), its biological function is altered and the mutated proto-oncogene will actively multiply and become more active than normal.

When this happens, it's now called an oncogene, leading to the development of cancer. There must always be a balance of proto-oncogenes and tumor-suppressing genes. Cancer cells grow exponentially (gastric cancer, colon cancer, liver cancer, and pancreatic cancers) in about 33 days, and breast cancer around 40-plus days. Thus late-stage cancers grow super fast.



Cancer cells release toxins into our bloodstream, leading to weight loss, fatigue, anemia, loss of appetite, nausea, heatiness, organ damage, and many more. Hence, it's important to increase our immune system to destroy the cancer cells from within.

> CANCER CELLS RELEASE TOXINS INTO OUR BLOODSTREAM, LEADING TO WEIGHT LOSS, FATIGUE, ANEMIA, LOSS OF APPETITE, NAUSEA, HEATINESS, ORGAN DAMAGE, AND MANY MORE.

1Twenty80:

WHY ARE PATIENTS BEING DISCOURAGED TO CONSUME ANTIOXIDANTS OR DIETARY SUPPLEMENTS DURING CHEMOTHERAPY?

Jerhne:

One cytotoxic mechanism of cancer therapeutics is the generation of reactive oxygen species (ROS) that causes oxidative stress (a chemically triggered action in the body) that kills cancer cells. There has been concerns that the use of dietary supplements during treatment, particularly antioxidants, could reduce treatment efficacy as it reduces oxidative stress in the body.

A study released by the Journal of Clinical Oncology suggests that the use of antioxidant supplements during chemotherapy for breast cancer could negatively impact treatment efficacy. Many cancer therapies rely on the generation of reactive oxygen species (ROS). The use of antioxidants could therefore negate any treatment gains and potentially reduce treatment benefits through their antioxidative activities.

The study involved 1,134 breast cancer patients on similar chemotherapy regimens. Patient's use of antioxidant vitamins: C, A, and E, carotenoids, and coenzyme Q10 was associated with a 41% increased risk for breast cancer recurrence when used both before and during chemotherapy. (Christine BA et al., 2020).

Iron supplements were shown to increase the risk of breast cancer recurrence and death. Iron allows the production of ROS which contributes to malignant transformation; in addition, tumors rich in iron content will tend to multiply. Iron may also interfere with antitumor immunity.

Vitamin B12 supplements were shown to increase the risk of breast cancer recurrence and death/ poorer disease-free survival. The reasons for B12 supplement interference with cancer recovery and poorer outcomes are not certain but its negative effects were evident in the study.

General use of multivitamins either before or during chemotherapy had no effect on cancer recurrence or recovery. However, many evidence-based studies still show that integrative medicine is still needed during cancer treatments. Therefore, more research findings are much needed to ensure a better treatment and supplementation outcome for cancer patients.

1Twenty80:

WHY IS INTEGRATIVE MEDICINE NEEDED DURING CANCER TREATMENTS?

Jerhne:

Integrative medicine consists of supplements, herbs, and extracts. The importance of incorporating Integrative medicine in cancer treatment are:

- To minimise the side effects of radiotherapy and chemotherapy.
- To strengthen the immune system because cancer patients are susceptible to infections (from the disease/ environment or from cancer therapy that suppress bone marrow and thus destroys white blood cells).
- Studies have also indicated that 90 percent of all known cancer are preventable by targeted nutrition (Grant,1990)
- To inhibit angiogenesis. Cancerous tumors rely on fast-growing networks of blood vessels to sustain their rapid growth rate. Curbing the rapid growth of blood vessels may starve the cancer cells.

1Twenty80:

WHAT ARE THE SUPPLEMENTS THAT CAN BENEFIT CHEMOTHERAPY PATIENTS?

Jerhne:

ORGANIC SELENIUM

Selenium could reduce the side effects of cisplatin (a chemo drug). Selenium's role in redox regulation helps in maintaining membrane integrity and inhibiting oxidative injury to lipoprotein, lipids, and DNA. Altered redox homeostasis is found to be one of the contributing factors to tumorigenesis. The increase in oxidative stress causes DNA mutation, genome instability, tumor initiation, and progression.

Selenium is involved in various biological processes like cellular proliferation, differentiation, and cell activities. Selenoprotein has strong antioxidant properties as it contains glutathione peroxidases which reduce hydrogen peroxides, lipid, glucose, and phospholipid hydroperoxides. This could inhibit oxidative stress and thus protect against cancer development and progression. Studies have shown that low serum levels of Selenoprotein are found in numerous types of cancers like colorectal cancer (Murawaki Y et al., 2008), gastric adenocarcinomas (Wang Q et al., 2009) and esophageal cancer (van Rensburg SJ et al., 1986). Selenium could also reduce the secretions of VEGF (Vascular Endothelial Growth Factor), and IL-6 (interleukin-6) and thus inhibit tumor cell invasion (Cat B et al., 2006).

VITAMIN C (ASCORBIC ACID/ASCORBATES= BIOLOGICALLY ACTIVE SALTS)

Malignant tumors secrete hyaluronidase enzymes which split glycosaminoglycans (glycosaminoglycans exist in intercellular cement) into small molecules. This weakens the intercellular cement (intercellular cement binds normal cells together) and eases malignant tumors to grow into their 'metastases'. Vitamin C stimulates normal cells to produce an increased amount of hyaluronidase inhibitor which inhibits hyaluronidase enzyme activity, thus preventing excessive intercellular cement damage, leading to cement strengthening that makes metastases more difficult to take place.

Vitamin C also aids in detoxifying toxins that enter the body including carcinogenic chemicals. It inactivates viruses hence best for human cancers that are caused by viruses. Malignant tumors also secrete collagenase enzymes that break down collagen fibrils in the intercellular cement, leading to weakened intercellular cement. Vitamin C is needed for collagen synthesis, to make more collagen fibrils to strengthen intercellular cement. This will make tumors harder to spread to other regions.

Cancer patients who have undergone adjunct treatment with Vitamin C supplementation claimed to have improved appetite and mental alertness. The requirement for pain-killing drugs (such as heroin, morphine in skeletal metastases due to pressure of growth in restricted spaces) was reduced. There is a slowing down rate of accumulation of malignant effusions. Vitamin C supplementation is best to start early to prevent the progression of cancer.

RHODIOLA

Rhodiola consists of a constituent called salidroside. It is best taken 1 week before chemotherapy to reduce heart damage induced by chemo drug epirubicin.

OMEGA 3 (EPA)

Omega 3 reduces inflammation, increases immunity, and inhibits tumor growth.

TOCOTRIENOL

Vitamin E reduces the oxidation of unsaturated fatty acids. It also stimulates PHLPP1 (anti-cancer gene) to produce phosphatase which inhibits tumor growth.

GREEN TEA (EGCG)

Green tea's anti-cancer properties come from polyphenols. It inhibits angiogenesis (the development of new blood vessels), thus starving the cancerous cells of nutrients. Green tea is a powerful antioxidant to kill many cancer cell lines.

GARLIC

Studies show that garlic consumption reduces colorectal cancer and stomach cancer. China's Preliminary Prostate cancer research found that garlic consumption and garlic supplementation reduce prostate cancer risk.

1Twenty80:

WHAT DIET ADVICE WOULD YOU GIVE IN REGARD TO REDUCING THE RISK OF DEVELOPING CANCERS?

Jerhne:

CONSUME MORE RAW, DARK LEAFY GREENS AND COLORFUL VEGETABLES AND REDUCE ANIMAL PROTEINS

Dark leafy greens consist of a tremendous amount of live nutrients, enzymes, vitamins, and minerals that are essential for hyper-nourishing the body cells and for optimal organ functions. They play a major role in liver and kidney detox and thinning of the blood, enabling better blood circulation and nutrient transport to various cells and organs. Moreover, vegetable fibers are needed to feed the gut microflora which aids in immune defense and disease reversal.

AVOID OR MINIMISE REFINED CARBOHYDRATES AND CONSUME MORE COMPLEX CARBOHYDRATES

Carbohydrate is the main culprit in raising serum glucose and disrupting glucose lipid balance. Best to reduce the intake of refined carbohydrates which include rice, noodles, biscuits, bread, and other flour products. Complex carbohydrates such as sweet potatoes, cassava, and bamboo shoots can be used to combat cravings for carbohydrates. On top of that, it is advisable to consume soy isolate smoothies to combat hunger pangs and avoid the need of snacking.

REMOVE INFLAMMATORY FOOD AND ADOPT A HEALTHY COOKING METHOD

Avoid fried food as frying is a carcinogenic (cancer-causing) cooking method. During the frying process, the aroma that is derived from the frying process contributes to chronic diseases such as hypertension, diabetes mellitus, cardiovascular disease, stroke, rheumatism, Alzheimer's, and cancers. If the frying method must be used, then opt for healthier cooking oil with a higher boiling temperature such as coconut oil. Do fry with garlic, basil, ginger, and/or lemongrass to enhance taste and boost antitumor activities.

Avoid AGED (Advanced Glycation End Product) which is highly inflammatory and carcinogenic. Red meat, cream cheeses, margarine, mayonnaise, hydrogenated vegetable oils, processed food, and fried products are very high in AGEs. Certain cooking methods that require high cooking temperatures would cause the formation of AGEs. These include methods like dry-heat air frying, barbecuing, baking, frying, toasting, sautéing, roasting, and searing. Instead, adopt healthier cooking methods with moist heat, lower temperature, and shorter cooking time, such as steaming, boiling, stewing and poaching.

REDUCE INTAKE OF HIGH FRUCTOSE PRODUCTS

Sugar feeds cancer. Avoid fruit juices, sodas, bubble tea, or sweet-fructose-packed fruits. Plain water, green tea, Graviola, and Jiao Gu Lan tea can be used as alternatives.

VEGETABLE SMOOTHIES TO COMBAT CANCERS

Take two liters of green smoothies per day. The green smoothies should consist of at least 75 percent greens (Dark leafy greens, spinach, mixed greens, cruciferous ones like broccoli and kale) and 25 percent fruits. On a daily basis, feed on large portions of salads (which are about 8 to 10 cups of raw vegetables) consisting of good herbs and spices as well (such as turmeric, ginger and so on). Raw vegetables are the best source of phytoenzymes and phytonutrients. Vegetable fiber and water ease constipation and is a good way for colon cleansing.

In essence, green smoothies are especially suitable for chemo patients that have appetite loss and a drop in immunity due to the side effects of chemotherapy. It's easily digestible and a good way to replenish nutrients in malnourished chemo patients.

HEALTHY OMEGA 6 TO 3 FATS RATIO

We must have a good ratio of 3:1 of omega 6 to 3. This will ensure that the cell membranes are functioning optimally in absorbing nutrients and excreting toxins. The types of good dietary fats: are almond, olive oil, virgin coconut oil (VCO), avocado oil, and sesame oil. An 'OMEGA test' can be done to assess the health of cells by getting the actual ratio of different omega in our body.

AVOID ALCOHOL

Alcohol may promote aromatisation (a process that changes the hormones to estrogen), leading to an increase in estrogens level that would augment cancer risk if the liver converts them along the 4-hydroxy or 16-alpha hydroxy pathway.

CONSUME FOOD THAT HAS ANTI-ANGIOGENIC (THE GROWTH OF NEW VESSELS) ACTIVITIES

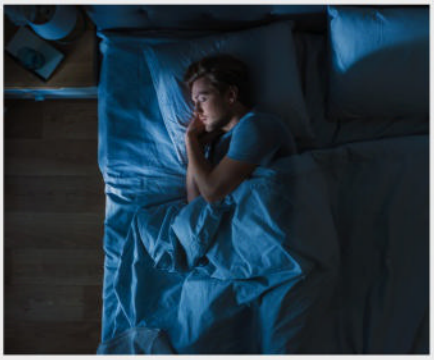
The types of anti-angiogenic food are tomato, strawberries, blackberries, raspberries, blueberries, oranges, grapefruit, lemons, apples, cherries, red grapes, red wine, bok choy, cavolo nero kale, soybeans, ginseng, maitake mushroom, turmeric, nutmeg, chestnut, lavender, pumpkin, parsley, garlic, green tea, dark chocolate and tree nuts.

1Twenty80:

DOES SLEEP PLAY A ROLE IN CANCER PREVENTION?

Jerhne:

Yes, quality sleep is important.
Our immune system self-repairs from 10 pm to 2 am. If your immune cells, endocrine system, and nervous system can't self-repair, the whole system will get into massive chronic inflammation. Thus altering biological functions and increase the risk of cancer.



This piece was an interview with a White Coat 360 pharmacist

WHITE COAT 360

1Twenty80:

WHAT LIFESTYLE RECOMMENDATIONS DO YOU HAVE FOR PEOPLE HOPING TO PREVENT CANCER?

Jerhne:

I would say quit smoking by gradually reducing the number of cigarettes or you can opt to quit cold turkey. This helps by reducing oxidative stress induced by smoking that could lead to cell DNA mutations.

Avoid stressful lifestyles by learning good stress management skills. There are various means like breathing techniques, meditation, energy medicine classes and even getting to know groups of people with higher positive energy vibes. Learn to adopt positive mental habits as negative thoughts and anxiety may cause oxidative stress and inflammation in the body which will harm the cells.

If you are looking for what's wrong, you will always find it; if you are looking for what's right, you will always find it too. Be grateful. Have the habit of writing down five things that went well today and write about whom you are grateful towards. For example, I am grateful that my mom came to help me cook dinner while I am busy editing my documents.

Trust me, by doing this daily, you will start to see the brighter side of things and your body will feel lighter and healthier. It's the inner energy and positive thoughts in us that depict how we are going to react to the outside world. Do not worry about tomorrow, nor about the past, embrace the moment and live it to the fullest, your body will learn to adapt and heal.

Include exercise routines like yoga, aerobic exercises, running, or even massages for lymphatic drainage. It's a good way for the body to detox itself from physical and mental toxins. Do heavy metal tests and detoxification to reduce the risk of cancer developing. Always ensure good weight management with healthy food choices and exercise regimens. ■

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Shower Power

Reasons why you should bathe more

By Isabel Andrew

You've probably heard about individuals going about their week without showering for days! We're sure that it's rather hard to imagine doing the same when living in a tropical climate. It's safe to say that if given a choice, showering daily is a must when living in Malaysia or any humid climate. It helps to cool your body down, wash away the dirt and leave you smelling good.

Though wait, there's actually more to that when you take a shower or a bath. Whether you're running a quick shower or a steaming bath, let's take a page or two to revisit our cleansing routine.

THE BENEFITS

It's more than just the benefits mentioned above. Baths, steam showers and saunas can:

#1

IMPROVE IMMUNE FUNCTION AND LOWER BLOOD SUGAR

Research shows that a hot shower can burn calories too! Equivalent to a 30-minute walk, hot water reduces blood sugar levels and calorie count. It can also relieve respiratory symptoms by opening airways, loosening phlegm and clearing our nasal passages.

#2

IMPROVE CONCENTRATION AND ENERGY

It's a preferred morning start, but cold water is proven to be a natural pick-me-up. Early birds experience a drop in melatonin, the sleep hormone, which leads to the body feeling a jolt of blood circulation, heart and breathing rate. Finding an alternative for a cuppa? Try waking yourself up with a chilly shower!

#3

LESSEN FATIGUE AND ANXIETY

Spa days spell relaxation and self-care. This is because warm water can reduce one's risk of feeling down, anxious and even alleviate fatigue. In turn, it lifts moods and promotes calmness. Top this with a facial session, body massage and some scrubbing, heaven is here!

#4

RIDS SKIN OF DIRT AND BACTERIA

If you're too lazy to take a shower, at least do it for some charming looks. A nice warm bath flies open your pores and release toxins and gunk from it. However, ensure the temperature isn't boiling. No one wants to walk around with burned skin right?

SHOWERING THROUGH THE SEASONS

Climate change is transforming our weather. The winters are colder and drier, and the summers are hotter and more humid. The different seasons can have irritation effects on dry and sensitive skin if not looked into.

Here's what you can do to avoid dry skin:

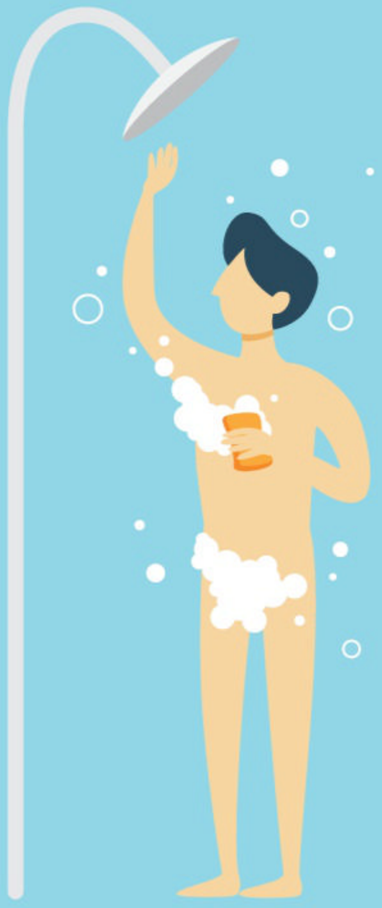
- Shortening shower time to no more than 5 to 10 minutes.
- Closing the door to the bathroom to capture the steam and increase the humidity.
- Replacing hot water and soap with warm water and gentle cleansers.
- Using the smallest amount of cleanser possible to clean the skin.
- Drying the skin gently after bathing.
- Applying plenty of oil-based moisturising cream or ointment within 3 minutes of showering to trap moisture in the skin.

HOT WATER VS COLD WATER

Ever wondered if there's a difference between taking a hot or cold shower?

HOT SHOWERS CAN:

- Improve cardiovascular health
- Improve muscle and joint health
- Improve brain health
- Improve sleep



COLD SHOWERS CAN:

- Decrease inflammation and swelling
- Decrease muscle spasms
- Have pain-relieving effects
- Lower cortisol levels

So, which is better?

Both! Ideally, bathing in lukewarm water and slathering moisturisers and lotions to damp skin can lock in moisture and prevent dry skin.

Another approach is trying out contrast showering. This age-old technique begins by bathing in cold water for one minute. Then, change to hot water for another minute. This alternation for three to five cycles gives you the best of both worlds. Cold water constricts blood vessels and hot water allows gushing blood flow.

Showering can be tailored differently to our needs. The places we go, people we meet and jobs we do may require different shower routines. Now that you know showering does more than just maintaining our appearance, why not diversify it with some self-care? No matter what your shower routine is, we hope you make the most out of it! ■

Sources: Healthline, Medical News Today, WebMD, Health Shots

4 HENNA DILEMMAS

Busting the myths on the intricate art

By Isabel Andrew

Henna fans go back over 5000 years in Pakistan, India, Africa and the Middle East. So much so that even the iconic Cleopatra used this natural artwork to embellish her body. Also known as *mehendi, al-ḥinnā, inai* and more, the natural dye comes from the Lawsonia genus plant. So if you're dubious about henna, double-check your facts with us as we bust four henna myths.

MYTH 1:

HENNA IS YOUR HAIR'S NO.1 ENEMY.

REALITY:

The only foe you should avoid is Black Henna. Also called 'Kali Mehndi', this henna type contains Paraphenylenediamine (PPD), a very toxic chemical that can damage your cuticles and hair strands.

MYTH 2:

LEMON JUICE + HENNA HAIR = DARKER AND RICHER DYE.

REALITY:

The acidic nature of lemon juice will counteract the effects of henna, making your hair brittle.

Alternatively, you can enrich your henna hair mix with warm to hot water for more dye release.

MYTH 3:

THE DARKER THE COLOUR, THE DEEPER THE BOND.

REALITY:

Superstition relates the bond between the bride and her husband or mother-in-law with the darkness level of the henna. And we all know that's so not true.

MYTH 4:

NATURAL HENNA IS MULTICOLOURED.

REALITY:

The presence of lawsone in the henna gives an orange, red or brown stain, and they can last up to two weeks. Other colours like white henna is body paint with adhesive, thus only lasting for two to three days.

Sources: Healthline, WebMD, Very Well Family

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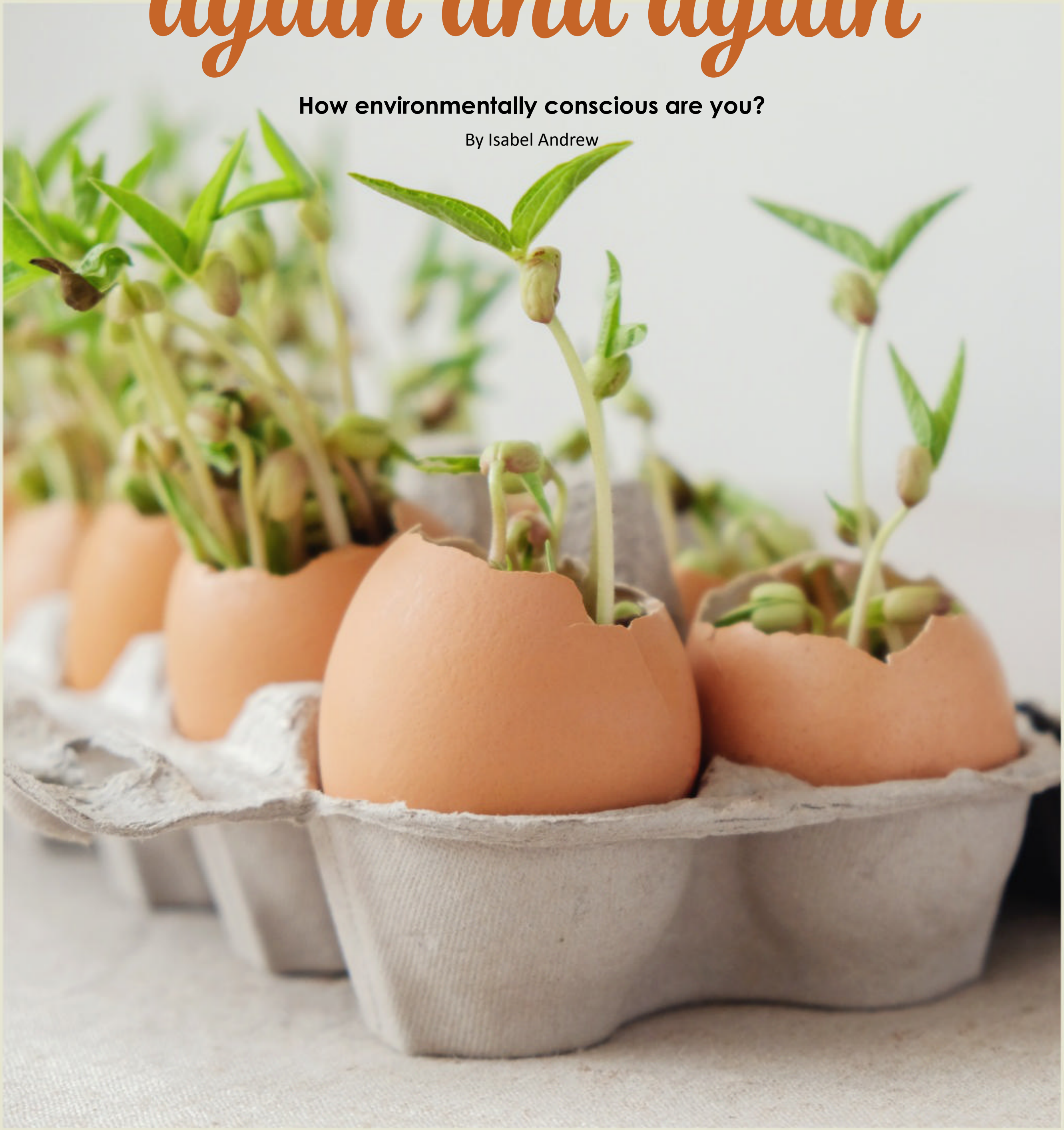
Things around you to use again and again

How environmentally conscious are you?

By Isabel Andrew



We are all cognisant of the importance of caring for the environment. Nations signed treaties and we jumped on the bandwagon of sustainable trends. Metal straws, tote bags, and veganism could be the new you.

But what about when we *tapau* (take away) *kuih* (local cakes) in those coloured singlet plastic bags? Or those baths and shampoos stored in fancy plastic bottles. How environmentally conscious are your decisions?

Turning a new leaf on wellbeing

Inside NielsenIQ's 2021 Global Health & Wellness Study, you'll find Genevieve Aronson, Vice President of Global Thought Leadership talking about what well-being means post-Covid 19, "Well-being in its definition is far more comprehensive than health or wellness, as it considers a broader universe of personal factors and speaks to the goals of a well-rounded life."

"Thinking about consumer health and wellness through the limited lens of diet culture, fandom fitness, and niche health crazes is already archaic. It is no longer just a section of a store or a segment of a person's lifestyle. To consumers, health, wellness, and well-being are now in their everyday choices."

Malaysia is famous for its food and is infamously one of the most obese Southeast Asian countries. However, we are now awakening with a healthy consciousness. According to Euromonitor, the Vitamins and Dietary Supplements market in Malaysia reached RM 3.1 billion in sales in 2019, increasing drastically from RM 2.07 billion in sales in 2014.

In a nutshell, it's obvious how health inclined we have become. We concur that health is wealth, and see its impact on ourselves, the people around us and the environment. So, how can we go the extra mile with what we have?

What to do at home

Look around you. We bet you can pick out at least 5 items that could be repurposed instead of buying a new one. Here are some examples you could try out:

➲ Toothbrushes

A classic example of plastic waste is a plastic toothbrush. If you have a used one, use it to clean the edges of your windows or the tiny spaces in between your keyboard.

Switching to bamboo toothbrushes is an excellent idea too, given you make full use of them. Once it's time for a new one, dispose of it properly. Remove the bristles by tweezing them out with a plier or simply snapping the head off. Place them in larger recyclable containers like plastic milk bottles, as they're too small to be recycled on their own. As for the bamboo handle, throw them into your compost pile. Feeling a little artsy? Add a little pop of colour to your pots with a colourful bamboo label.

➲ Shopping bags

The iconic singlet plastic bags can now find a new home as a thoughtful present wrapper! If you've got lots of single-use plastic bags or paper bags, cut the handles off now. Then slash through the seams of the bag and expand it. Turn them over to show off fancy brands and logos and you've got an expensive wrapper for your gifts. This can work with newspapers and magazines too.

What to do at work

Bosses aren't just leading teams of employees. They also have a say in the company's environmental policies. Calling all Chief Executive Officers (CEOs) and Managers, we would like to encourage you to look away from your planners and cast your eyes around the office. Are there any micro changes waiting that could help with your employees' health and the environment? Maybe these can help:

➲ Utensils

Set up a pantry or break room with reusable silverware, plates, and coffee mugs. Employees can keep their own lunch boxes and containers in case they plan to eat out. Nowadays, sinks also come in eco-friendly styles and materials under reasonable budgets.

As for the food, there are plenty of natural and zero waste choices on the shelves. From nuts and grains to coffee and other beverages, the team can enjoy inexpensive and healthy meal times. These would be a huge relief for those who need a well-being transformation.

➲ Electronics

Look into how e-waste is produced and how to reduce it. For example, glass from computer monitors, metal frames and tin, gold, silver and copper from circuit boards can be separated and recycled. You should also remind employees to unplug their devices after work hours as electricity can still flow through, hence contributing to carbon footprints.

What to do on vacation

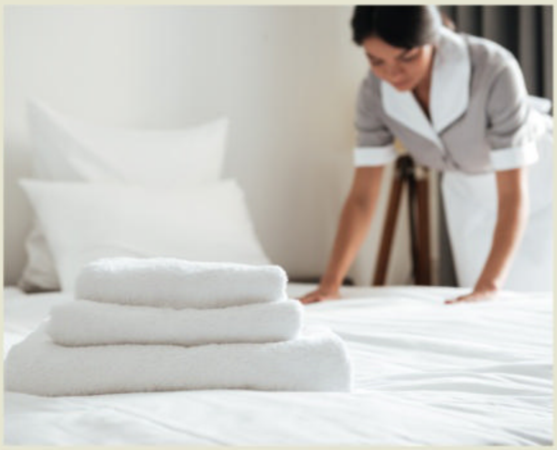
➲ Luggage tags

Pick up a strong solid luggage tag and ditch the flimsy plastic ones. This can save you the hassle of filling out your details and of course, the nightmare of rummaging through lost and found.

Name
Address
City
State

➲ Fresh sheets

We all vacation away for some peace. Sometimes we also like the bit of ego boost from having someone pamper us with massages and room services, don't we? What better way to wake up than being wrapped in fresh sheets and towels, but you know you don't need them. Avoid requesting cleaning services as washing them daily only wastes tons of water.



Do you have some new ideas? Fit them into your daily routine because being eco-friendly starts with you. Collectively, we have to make a conscious effort and attempt proactive choices for a better you and a better tomorrow. ■

Sources: NielsenIQ 2021 Global Health & Wellness Study of 17 markets, September 2021, Euromonitor: Consumer Health in Malaysia, www.janio.asia

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Macadamia Nuts

It's okay, go nuts!

By Isabel Andrew

Here's a random question: What's the most expensive nut in the world?

Answer: it's in the title!

How expensive are they? In 2022, macadamia nuts range between US$ 4.51 to US$ 4.12 (RM 20.17 to RM 18.42) per kilogram. The primary reason behind its costly value is the slow harvesting process. Macadamia trees take seven to 10 years to even begin producing nuts.

The Australian native has since found new homes in the fertile soils of Brazil, Costa Rica, Hawaii and more. Besides their subtle, butter-like flavour and creamy texture, macadamia nuts have loads of health benefits to offer. Let's explore some of them!

#1 HEART HEALTH

Eating small amounts of macadamia nuts daily can help reduce inflammation, which is a risk factor for heart diseases. Thus, lowering your risk of getting cardiovascular problems.

#2 WEIGHT LOSS

Two components known to reduce hunger and promote feelings of fullness are protein and fibre. Macadamia nuts just happen to have pockets full of them. Thus, munching on these nuts regularly can help you against overeating.

#3 GUT HEALTH

The soluble fibre present in macadamia nuts can act as prebiotics. Meaning they can help feed your gut with lots of beneficial bacteria. This will in turn reduce inflammation and protect against colon and rectal conditions like irritable bowel syndrome, Crohn's disease, and ulcerative colitis.

#4 BRAIN HEALTH

Older studies have shown that tocotrienol-rich supplements like macadamia nuts can help protect our brain cells from the effects of glutamate. Glutamate is a neurotransmitter in the brain and central nervous system that controls learning and memory. So, guarding the levels of glutamate ultimately affects the development of Alzheimer's disease and Parkinson's disease.

Sources: Healthline, WebMD, Medical News Today, Everyday Health

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7 OFFICE ETIQUETTES TO REMEMBER

Discretion at work, maybe?

By Yasanthi Devi

Our work time often seems to precede our time at home. Through shared lunches and work initiatives, we spend a lot of time in the office getting to know our colleagues. Getting to know your colleagues better improves work chemistry, but it can also blur the line between personal and professional life.

This blurring of lines can also befog the distinctions between topics of conversation. Occasionally, we lose sight of the fact that our co-workers are just co-workers and that they may not know us as well as our loved ones. We may also not fully understand their motivations. As a result, not everything we say may be perceived in its intended way.

On that note, here are 7 office etiquettes to remember:

#1

YOUR POLITICAL OPINION

Political issues can be polarising and you should not assume that your colleagues share the same views as you. If your colleague is unable to separate you from your political views, talking about political issues and differing views could create a rift in your working relationship.

You will be much happier if you avoid bringing politics into your work life. Never reveal your political views, even if someone asks you directly about them. **PRO TIP:** Say you'd rather not talk about politics.

It's best to avoid your political preferences from affecting your career. Have a little fun and keep people guessing.

#2

COMPLAINTS AND CRITICISM

You and your coworkers might share a mutual dislike of your boss or a particular aspect of your job as one of your common interests. Despite the possibility of shared laments, it might not be a good idea to bring it up at work. Never vent about your life, either at work or at home, to your coworkers. Speaking poorly of oneself, one's job, other coworkers, or one's boss conveys a lack of confidence.

Being perceived as a gossiper could also damage your standing with coworkers and your manager. Remember that anything unfavourable you say to a coworker—even in private—could lead to discussion among your colleagues.

#3

PERSONAL MATTERS

Talking to your colleague about your relationship problems with your significant other or about a heated family argument that broke out at a family reunion can make you seem absent-minded, which can influence opinions in work delegations.

Talking about your personal life at work can quickly spread rumours around the office. Even information that seems innocuous enough to share at first glance can be misinterpreted and damaging to your career. Be mindful when disclosing personal information.

#4

CONFIDENTIAL WORK MATTERS

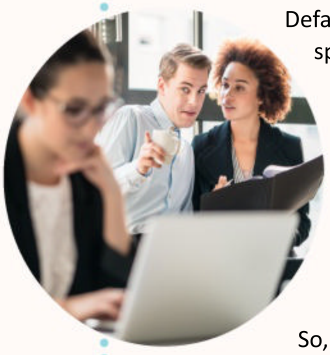
Confidential

You shouldn't discuss private work-related matters with coworkers unless they are also permitted to know that information. For instance, some employees have access to data like payroll records, time card records, and human resources files that other employees do not.

Even if the confidential information is interesting, you cannot discuss it with coworkers. Having access to sensitive information demonstrates your employer's confidence in you. Sharing that information with your coworkers violates that trust and could seriously harm your standing within the organisation.

#5

OFFICE GOSSIP



Defame no one. Never criticise someone you work with, spread untruths about them, or even discuss their accomplishments negatively.

Fast-moving and inaccurate office rumours are all too common in the corporate world. Avoid getting caught up in it or being the source of said rumours or gossip. Participating in office gossip can also make you seem untrustworthy or unreliable.

So, the next time you see your colleagues gathering around the coffeemaker, steer clear if they're gossiping.

#6

TALKING ABOUT BODY WEIGHT

Do not inquire about people's weight. Avoid comparing yourself to others. Weight is very subjective and highly sensitive. It's a big no-no and often does not make a productive conversational topic.

If you're close with a particular colleague and they're genuinely curious about your reason for weight loss or weight gain, use your discretion when answering their query. Do not point out a colleague's weight gain or weight loss as this subject can also be highly triggering for some.

#7

OFFENSIVE JOKES

Humour is subjective and your colleagues may not share the same sense of humour as you. Something that is funny to you may not be funny to them. If a joke is sexist, racist, ageist, or even homophobic, steer away from them.

Most importantly, don't make a joke at anyone's expense. We may not know what our colleagues may be going through and laughing at their expense may just ruin their day. ■

Source: Business Insider, LinkedIn

5 Magical Destinations & Where To Find Them

Embracing mythic obsessions

By Yasanthi Devi

Elusive aquatic beast, Home of the Gods, the place where once a great King lived- these places may sound like they're right out of a fairy tale. However, it's these very myths and legends that draw history-and mythology-obsessed tourists to these unique locations.

#1 LOCHNESS, SCOTLAND

This mysterious loch is stunning and is located close to Inverness. Since the first photograph of Loch Ness appeared in 1933, legends about a huge monster living deep beneath the murky depths of the lake have taken root all over the world.

Local folklore about this elusive creature, affectionately known as "Nessie", endures because it is adored by both residents and tourists. Visit Scotland claims that despite over 1,000 eyewitness reports, sightings, and other unexplained evidence, scientists are still befuddled by Nessie's existence.

In addition to Nessie, Loch Ness offers breathtaking scenery, exhilarating adventure pursuits, as well as nearby castles that have withstood time.

ADDITIONAL FUN FACT: Loch Ness is one of the largest lakes in the United Kingdom, holding more water than all the lakes in England and Wales combined!

#2 MOUNT OLYMPUS, GREECE

Mount Olympus is situated in Northeast Greece with many believing it is the home of Zeus and the major Greek gods since before the time of Homer. Mostly, Mount Olympus is snow capped and is shrouded by clouds thus making it the perfect abode for the Greek Gods.

In present day, Mount Olympus and the area around it, is home to over 1700 species of flora and fauna with more than 30 species of mammals, 100 species of birds and 18 species of reptiles.

With its many deep valleys and steep slopes, Mount Olympus is the perfect place for activities like mountain climbing, mountain biking, rafting, paragliding, and jeep safari.

Looking to embrace the inner Olympian in you? Now, you know where to go!

#3

TINTAGEL CASTLE, UNITED KINGDOM

The Tintagel Castle is a Cornish castle with links to the Arthurian Legend. It amassed literary popularity when in the 12th century, Geoffrey of Monmouth named it as the place where King Arthur was conceived with the magical help from Merlin the Wizard.

In modern day, the authorities of Tintagel Castle today have embraced the castle's history in its entirety, dedicating many locations based on Arthurian legends and events. Visitors to the castle will be able to descend to the water's edge to stroll along the sandy beach and explore Merlin's Cave.

Those who wish to uncover tales of King Arthur can do so at the exhibition that takes place at the Visitor Centre. Apart from rich history-ladden places, visitors can also bask in the natural landscape and be on the lookout for unique wildlife. Don't miss out on the opportunity to witness seals playing in the water!

Source: Visit Scotland, Britannica, Visit Greece, Visit Scotland, Visit Cornwall, English Heritage, UNESCO, Waitomo.com

#4 THE ISLE OF SKYE, SCOTLAND

Scotland seems to be the home of rich legends. The Isle of Skye is often perceived as magical due to its picturesque backdrops and colourful mystical tales. Some locals believe that the Island's alluring past is linked closely with fairies and almost every hill has some form of enchanting story to it.

The Fairy Pools are one location, though, that has long been connected to fairies and is now a well-liked tourist destination. These sparkling blue pools are a collection of waterfalls encircled by high rocky cliffs and greenery till the farthest your eyes can see.

Legend even has it that if you're visiting the Isle of Skye at the right time and the right place, you might just spot some fairies amongst the Isle's mysterious backdrop.

Today, the Isle of Skye is home to an array of habitats such as otters, dolphins, golden eagles, white-tailed sea eagles and puffins.

#5 WAITOMO GLOWWORM CAVES, NEW ZEALAND

On the North Island of New Zealand, a cave known as the Waitomo Glowworm Caves is a popular tourist destination. Arachnocampa luminosa, a species of glowworm found only in New Zealand, is found in abundance here.

In addition to its caves and glowworms, Waitomo is a cultural hub with a rich history, mythology, and legends of the Maori people. You can learn about each cave's history and origins as well as the challenges that Waitomo's early settlers encountered trying to find the cave in an era before torches, during guided tours of each cave.

Chief Tane Tinorau and his wife Huti's direct descendants make up a large portion of the staff working at the caves today. Local Maori chief, Chief Tane Tinorau was the first person to find Waitomo Caves in 1887. ■

TACO:

PERFECT FOR ANY OCCASION

The perfect sweet and sour combo you've got to try!

By Ridzvaani Nagarajen

Spicy cilantro shrimp

Mango salsa

Taco is a versatile and customisable dish. You don’t have to be a professional chef to pull off a taco dish. Plus, tacos are a great way to sneak more vegetables and plant-based proteins like beans or tofu into your diet. They’re perfect for any occasion and keeps you satiated. For instance, you can have them for lunch, dinner or for get-togethers. They fit just right for any meal!

Shrimp tacos and mango salsa are the perfect recipes to whip up when you don’t have much time to cook! Plus, they're great go-to dishes when you have guests visiting. Taco night just got a lot easier and tastier with these simple recipes!!

With these recipes, you can have a meal on the table in no time.

SPICY CILANTRO SHRIMP

INGREDIENTS

400 g	Shrimp, raw, peeled and deveined
2 tbsp	Lime juice, freshly squeezed
2 tbsp	Cilantro, chopped
1 tbsp	Butter, unsalted
1 tsp	Paprika
½ tsp	Cumin
⅛ tsp	Cayenne pepper
⅛ tsp	Cinnamon
¾ tsp	Salt
1 pack	Tortilla

DRESSING SAUCE

1 cup	Greek yogurt, plain
⅓ cup	Sour cream
⅓ cup	Mayonnaise
1 ½ tbsp	Lime juice, squeezed
¾ tsp	Garlic powder
¾ tsp	Sriracha sauce

METHOD

1. Pat dry shrimp with paper towels and place it in a bowl.
2. In a separate bowl, combine the paprika, salt, cumin, cayenne and cinnamon and mix well.
3. Add the shrimp and toss to fully coat the shrimp in seasoning. Let it sit aside for 10 minutes.
4. In the meantime, place a large non-stick pan over medium-high heat and add in one tablespoon olive oil.
5. In a single layer, slowly add the shrimp into the pan.
6. Sauté 1-2 minutes per side or just until cooked through. Set aside to cool.
7. While the shrimps are cooling down, toast the tortilla over an open gas stovetop flame on low heat for about 10 seconds per side. (Be sure that children aren't around when the stovetop flame is open).
8. Lastly, build the tacos by arranging the shrimp over the toasted tortilla and top it off with fresh lime juice, cilantro and serve with dipping sauce.
9. Enjoy!

*In a small bowl, whisk together all ingredients for the sauce.

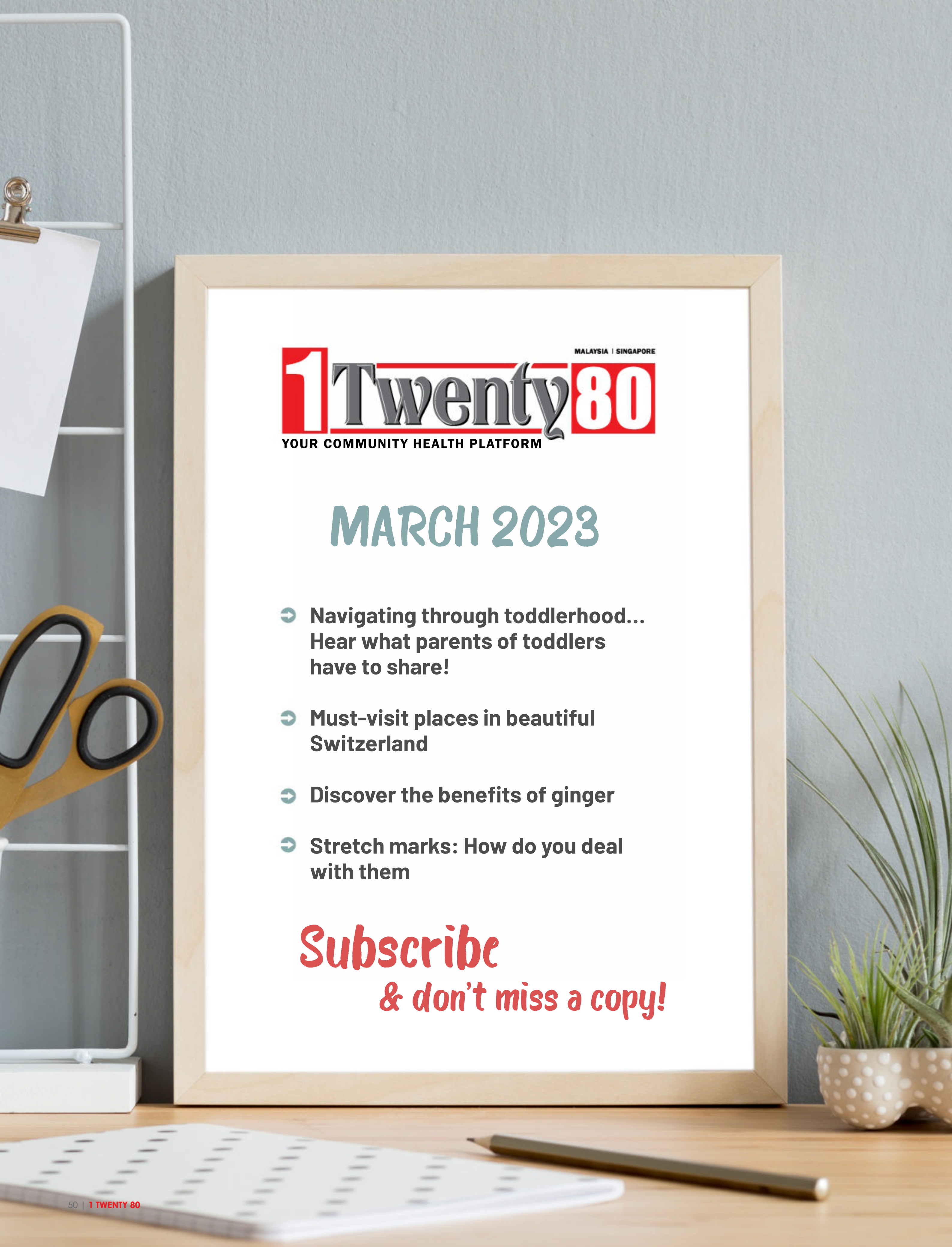
MANGO SALSA

INGREDIENTS

1 large	Mango, diced
1	Red pepper, diced
1 medium	Red onion, minced
1	Jalapeño, seeded & minced
½	Lime, juiced
3 tbsp	Cilantro, chopped
½ tbsp	Olive oil
½ tsp	Cumin
Salt to taste	

METHOD

1. In a large bowl, combine the mango, red pepper, red onion, jalapeño and give it a toss.
2. Next, add in the lime juice and some salt and mix well.
3. Do taste it and add more salt or lime juice if needed.
4. Set aside and serve either warm or refrigerate it and serve cold.
5. Enjoy! ■



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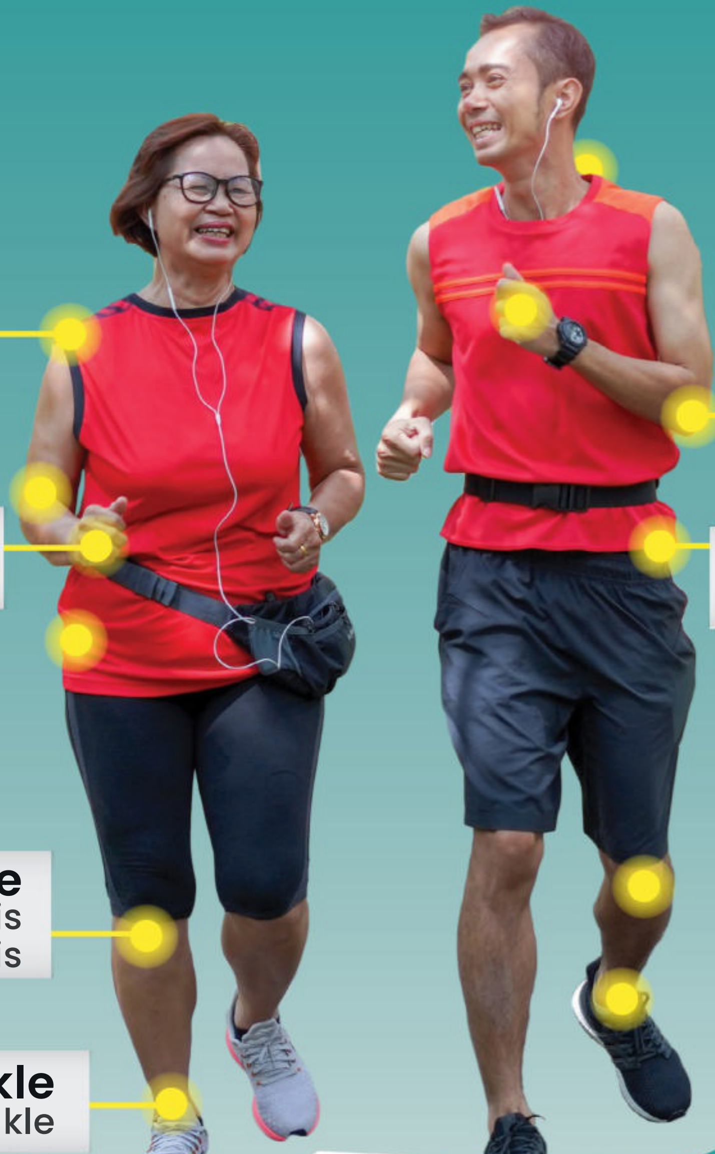

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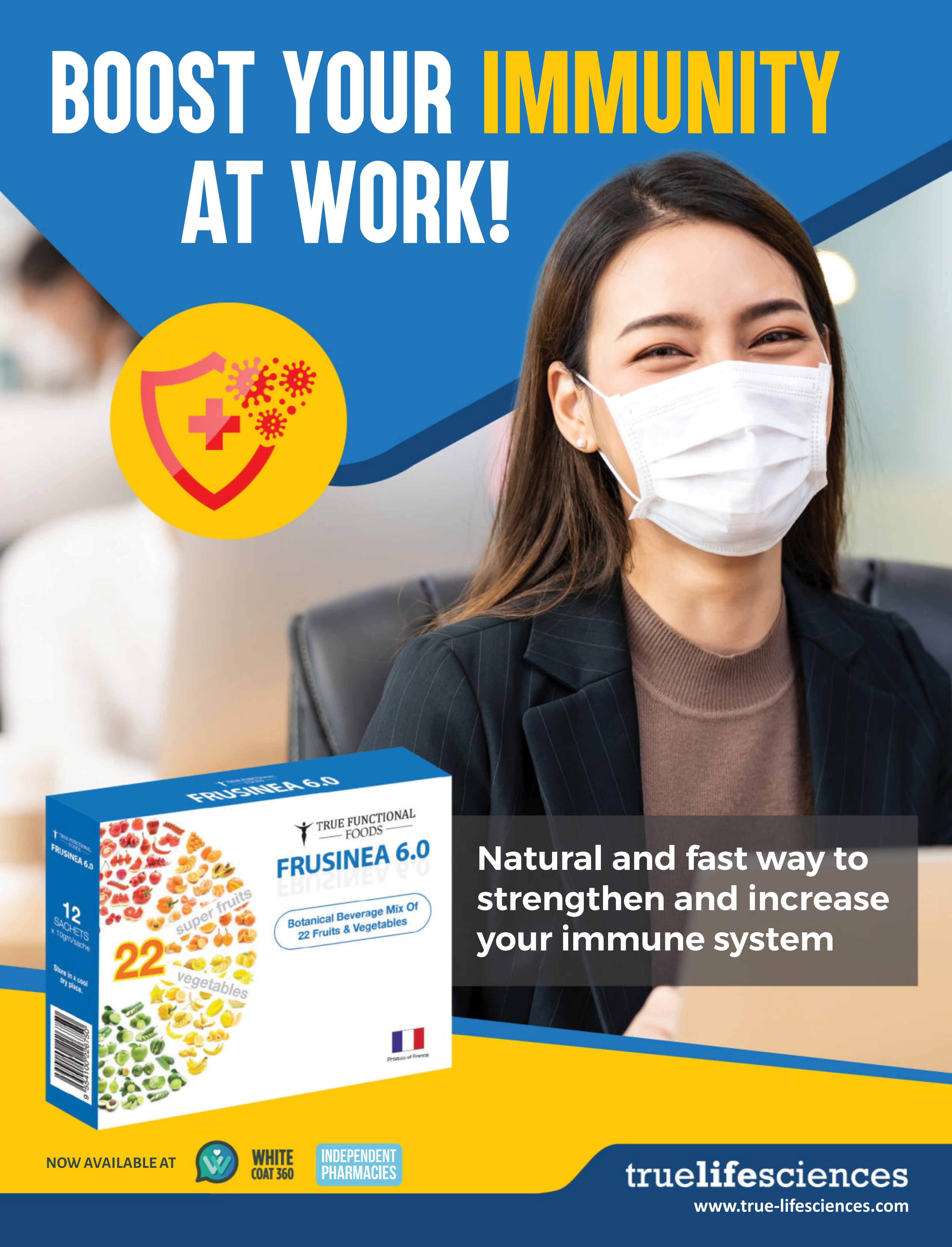

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